



SAFE SWIM LESSONS

FIND SAFE & EFFECTIVE EARLY CHILDHOOD SWIM LESSONS

LOOK FOR SWIM LESSONS THAT:

- Emphasize the safe and developmentally appropriate delivery of skills and survival before comfort and games in the water.
- Allow children to safely practice skills while fully clothed.
- Do NOT use flotation devices as instructional aids.
- Allow for frequent, individualized (1:1) lessons.
- Deliver visible results in weeks, not years.
- Implement safety protocols.

KEY OUTCOMES ARE:

- Establishing breath control.
- Learning to swim independently with eyes open and face in the water.
- Rolling to a float and maintaining this floating position for a period of time.



HIGH QUALITY SWIM INSTRUCTORS WILL:

- Present proof of current self-rescue program certifications.
- Review your child's medical history in order to plan for a safe & customized lesson.
- Provide strong parent testimonials.
- Offer an opportunity for you to observe another child's swim lesson.
- Provide significant educational resources regarding water safety and safe swim practices.
- Have a well established continuation lesson program.

FOR MORE RESOURCES SCAN OR VISIT:

castwatersafety.org | [@castinghope_](https://www.instagram.com/castinghope_)

